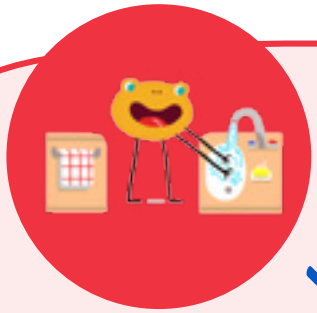
How to Cook Foods Safely



Before cooking

See the MAPAQ poster about cans (French only)

1. Remember **to thaw foods in advance** in the refrigerator instead of on the counter. Check **cans** for damage before using.
2. **Wash** your **hands** with **soap** for at least **20 seconds**.
3. Clean **countertops** and **work surfaces** before starting to cook.
4. Rinse fresh **vegetables** and **fruits**. Use a brush if needed.

While cooking

5. Use **clean utensils**.
6. All cutting boards, utensils and countertops that have been in contact with raw meat, poultry, fish, seafood or eggs must be immediately **washed** with soap, **disinfected** using a commercial kitchen disinfectant, and **rinsed**.
7. **Wash your hands** with soap after handling raw foods.
8. Make sure to cook meat, poultry, fish, seafood and eggs to a **safe temperature**. Keep food hot until **mealtime**.

See our article at fondationolo.ca/temperatures

After cooking and eating

9. Put **leftovers** and leftover food from open cans in **resealable containers**.
10. Put all **leftovers** in the **fridge**. If the food is still hot, lift the cover slightly so air can escape. Then close the containers once the food is cold. **Any food that won't be eaten** in the next 3 days should be put in the **freezer**.
11. Wash the dishes with **hot soapy water** and clean the countertops.
12. Change **dishcloths**, **hand towels** and **dishtowels** often, ideally every day. Wash them regularly in hot water and dry them in the dryer.

Food that has to be refrigerated should not be left out at room temperature for more than 2 hours!

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